



## Curb to Disability- A Short Communication

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Disability is part of life, almost everyone will temporarily or permanently experience disability at some point in their life. Around 1.3 billion people globally are currently experiencing significant disability. This number is increasing due in part to population ageing and an increase in the prevalence of diseases. Persons with disabilities face a lot of difficulties including stigma, discrimination, poverty, and exclusion from education and employment.

Persons with disabilities must be considered while preventing and responding to health emergencies because they are more likely to be affected, both directly and indirectly. For instance, during the pandemic of COVID-19, persons with disabilities living in institutions have been “cut off from society” with reports of residents being overmedicated, sedated, or locked up, and examples of self-harm also occurring. There is a need to educate society about disability and its prevention to improve their interaction with especially abled people.

### Levels of disability prevention

Disability prevention is a broad term that encompasses a variety of approaches aimed at reducing the incidence and impact of disabilities. It includes primary, secondary, and tertiary prevention strategies.

- Primary prevention focuses on preventing the onset of impairments and disabilities in the first place. This can be done through a variety of means, such as:
  - Immunizations: Vaccines can protect people from diseases that can cause disabilities, such as polio and measles.
  - Safe motherhood practices: Proper prenatal care and delivery can help prevent birth defects and other complications that can lead to disabilities.
  - Injury prevention: Education and safety measures can help reduce the risk of accidents and injuries that can cause disabilities.
  - Genetic counselling: For people with a family history of certain genetic conditions, genetic counselling can help

them understand their risks and make informed decisions about having children.

- Secondary prevention focuses on early detection and intervention to prevent the progression of impairments and disabilities. This can be done through:
  - Screening programs: Regular screenings can help detect disabilities early on, when intervention is most likely to be effective.
  - Early intervention services: Early intervention services can provide support and therapy to help children with disabilities develop their skills and reach their full potential.
- Tertiary prevention focuses on minimizing the impact of existing disabilities and helping people with disabilities live full and productive lives. This can be done through:
  - Rehabilitation services: Rehabilitation services can help people with disabilities regain skills and independence.
  - Assistive technology: Assistive technology can help people with disabilities overcome challenges and participate in everyday activities.
  - Social inclusion: Creating an inclusive society means removing barriers and ensuring that people with disabilities have equal access to education, employment, and other opportunities.

In summary, this literature underscores the critical importance of prioritizing disability as a primary concern, highlighting the necessity for enhanced efforts in primary prevention strategies and raising awareness among society regarding disability and its prevention. By focusing on educating the public about disability and fostering understanding and inclusivity towards individuals with disabilities, significant strides can be made in improving their interaction and integration within society. Therefore, investing in initiatives aimed at primary prevention and public education is imperative for creating a more inclusive and supportive environment for persons with disabilities.